

DATE	TYPE - ACTIVITY	ACTIVITY - REFERENCE	OBJECTIVE	METHOD OF PRESENTATION	DESIRED OUTCOME
5m.	Sec-motor	Marching Exercises	Warming up.	Explanation Demonstration.	Timing Alertness Neatness.
10m.	Folk dance	Buch + Wing (La Salle) (P. 92)	Learn dance. Rhythm, Co-ordination	Demonstration.	Enjoyment Achievement.
10m.	Game	Like Numbers Touch. (Mason + Mitchell) (P. 183)	Alertness Activity	Explanation.	Enjoyment.
170			Too easy - or not enough		✓

Marching exercises
like Munkers March -
Dutch Couples.

TIME	TYPE-ACTIVITY	ACTIVITY-REFERENCE	OBJECTIVE	METHOD OF PRESENTATION	DESIRED OUTCOME
5m	Motor	Marching exercises	Warming up.	Explanation Demonstration	Timing Alertness Good positions
10m	Folk dance.	Highland Fling (The Little P. 158)	Learn dance. Grace, rhythm lightness	Demonstration Repetition	Enjoyment Achievement
10m	Game.	Hit-pin Baseball. (Mason + Mitchell) (P. 342)	Enjoyment Activity	Description	Team spirit.

Marching
series

Dumbbell relay.

March Tag.

LESSON PLAN.

P. HAMILTON.

BROWN SCHOOL

GRADE 9 (H)

13-15 min.

LESSON NO. 3.

TIME	TYPE OF ACTIVITY	ACTIVITY	OBJECTIVE	METHOD OF PRESENTATION	DESIRED OUTCOME
5 MIN.	LOCO-MOTOR	MARCHING PARTNERS - RUNNING WITH VARIATIONS	TIMING - SPARING WARMING UP CO-ORDINATION	EXPLANATION	ALERTNESS
15 MIN.	FOLK DANCE	BUCK + WING (LA SALLE - P. 92)	CO-ORDINATION RHYTHM	DEMONSTRATION	LEARNING DANCE
10 MIN.	GAME	CIRCLE JODGEBALL (MASON & MITCHELL P. 264)	QUICKNESS ALERTNESS	EXPLANATION	FUN

h/4

ok

Marching

Running .

Circle Dodgeball

LESSON PLAN.

P. HAMILTON.

BROWN SCHOOL

GRADE 9 (a)

? clever
as it
then
13-15 1/2.

LESSON NO. 3.

TIME	TYPE OF ACTIVITY	ACTIVITY	OBJECTIVE	METHOD OF PRESENTATION	DESIRED OUTCOME
5 MIN.	LOCO - MOTOR	MARCHING RUNNING - VARIATIONS POLKA STEP	TIMING - SPACING LIGHTNESS RHYTHM WARMING UP	VERBAL VERBAL DEMONSTRATION	ALERTNESS
15 MIN.	FOLK DANCE	HIGHLAND FLING (LA SALLE - P. 158)	TIMING LIGHTNESS RHYTHM	EXPLANATION DEMONSTRATION	LEARNING DANCE
10 MIN.	GAME	ISLANDS (NOTES)	QUICKNESS	EXPLANATION	FUN. OK

Ice - motor

Right hand Hing

2nd hole.

Two - deck.

TIME	ACTIVITY	REF - ACTIVITY	OBJECTIVES	PRESENTATION	DESIRED OUTCOME
5	Acrobatics	Exercises	Warming up Rhythm	Demonstration Correction	Perfection of movement.
10	Folk dance	University High Clog (La Salle - P. 142 -)	Learn dance & music Concentration.	Demonstration Correction	Rhythm. Lightness.
10.	Games.	Hopping Mr's. Change (Mason + Mitchell) (P. 220.)	Alertness Speed	Explanation.	Enjoyment.
170		Seat Tag (Neilson + Van Hagen) P. 352.	Alertness Dodging	Explanation.	Enjoyment Exercise in running.

GRADES
TERM

FALL

WINTER

SPRING

I

Outdoor games
- chasing
- group
- active hide & seek.

Races
Stunts
Walks

Indoor games
- singing
- circle
- chasing
- group

Mimetics
Rhythmics
Game skills
- running
- hopping etc.
Folk dances
Races
Stunts

Outdoor games
- chasing
- group
- active hide & seek

Races
Game skills
Swimming
Boating
Picnics
Walks

II

Outdoor games
- chasing
- group
- imitation - observation
- object pass & throwing games

Races
Stunts
Walks

Indoor games
- singing
- circle
- group
hide & seek
Races
Mimetics
Game skills
Folk dances
Stunts

Outdoor games
- chasing
- group
- active hide & seek

Races
Game skills
Swimming
Picnics
Boating
Walks



The **Margaret Eaton School Digital Collection** is a not-for-profit resource created in 2014-2015 to assist scholars, researchers, educators, and students to discover the Margaret Eaton School archives housed in the Peter Turkstra Library at Redeemer University College. Copyright of the digital images is the property of Redeemer University College, Ancaster, Canada and the images may not be copied or emailed to multiple sites without the copyright holder's express written permission. However, users may print, download, or email digital images for individual non-commercial use. To learn more about this project or to search the digital collection, go to <http://libguides.redeemer.ca/mes>.